

Publications Available From:

Duke Family Support Program
Center for the Study of Aging and Human Development
Box 3600 Duke University Medical Center
Durham, NC 27710
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Duke Family Support Program
Box 3600 Duke University Medical Center
Durham, NC 27710

♦ **Sexuality and the Alzheimer's Patient**

This guide was developed for families and professionals caring for the person with Alzheimer's disease. It addresses problems and concerns about sexuality that are often troublesome for caregivers and others concerned about the well-being of the individual with dementia.

Topics include:

- * Affection and Self-Esteem Needs of the Patient
- * Touch: The Universal Need
- * Behaviors That Only Appear to be Sexual
- * Explicit Sexual Behaviors and Suggestions on How to Deal With Them
- * Perspectives from Professionals and Family Caregivers
- * Questions for the Nursing Home Staff
- * Special Role for the Professional in Helping Families

⇒ **Cost: \$10.00** (Includes postage/handling for single copy, regular US mail ONLY)

♦ **Optimum Care of the Nursing Home Resident with Alzheimer's Disease: "Giving a Little Extra"**

Developed for training the nursing home aide. Materials can be readily adapted to short training sessions dealing with a specific concern such as helping the patient to adjust to placement to more comprehensive training covering a broad range of care issues affecting Alzheimer's residents in nursing homes.

Topics Include:

- * Overview of Alzheimer's Disease: Impact on the Person and His Family
- * Transition: The Move to the Nursing Home
- * Behavioral Manifestations of Alzheimer's Disease: Helping the Person Cope
- * Eating, Bathing, Bathroom Problems
- * Appropriate Activities
- * Late Stage Care

⇒ **Cost: \$10.00** (Includes postage/handling for single copy, regular US mail ONLY)

Social Work in Health Settings

A curriculum developed to train social workers in health settings to work with Alzheimer's patients and their families. Reviews care and practice principles and how to adapt them for work with Alzheimer's patients and their families.

Topics include:

- * Natural History, Symptoms and Progression of Alzheimer's
- * "How To's" for Interviewing the Confused Older Adult
- * Assessment, Counseling and Referral Strategies for Work with Families
- * Interpretation of Diagnostic and Treatment Recommendations
- * "Do's and Don'ts" for Appropriate, Timely and Successful Community Service Referrals
- * Techniques for Teaching Families to Manage Challenging Behaviors

◆ **Social Work in Health Settings: A Guide for Interviewing and Assessment**

The first manual in the series reviews techniques for cognitive screening and assessment of older persons with memory loss. This manual is supplemented by the audiovisual cassette entitled, "Alzheimer's Disease: Interviewing and Assessment Techniques for Social Workers."

⇒ **Cost: \$6.00** (Includes postage/handling for single copy, regular US mail ONLY)

◆ **Social Work and Alzheimer's Disease: Effective Strategies for Assessment, Counseling and Referral**

The second manual in the series reviews family assessment techniques, counseling and service referral strategies for work with Alzheimer's families. This manual is supplemented by the audiovisual cassette entitled, "Assisting Families of Patients with Alzheimer's Disease."

⇒ **Cost: \$6.00** (Includes postage/handling for single copy, regular US mail ONLY)

◆ **Coping with Challenging Behaviors: Educational Strategies for Work with Families**

The third manual in the series presents strategies to help social workers teach the caregiver how to manage challenging behaviors.

⇒ **Cost: \$6.00** (Includes postage/handling for single copy, regular US mail ONLY)

Documentary Videotapes

(These videotapes available **ONLY** from Terra Nova Films)

◆ **Alzheimer's Disease: Interviewing and Assessment Techniques for Social Workers***

A companion video to the manual Social Work in Health Settings: A Guide for Interviewing and Assessment (\$6.00). Demonstrates mental status testing techniques and responses from three patients with varying severity of impairment. ⇒ **Cost: \$69.95**

◆ **Assisting Families of Patients with Alzheimer's Disease***

1991 Winner of Best Training Film Award from the Retirement Research Foundation. A companion video to the manual Social Work and Alzheimer's Disease: Effective Strategies for Assessment, Counseling and Referral (\$6.00). Demonstrates techniques for working with families in a hospital setting. ⇒ **Cost: \$69.95**

◆ **Family Support Groups: Help for the Families of Alzheimer's Patients***

Illustrates the mutual helping role of participants in a family support group in Mt. Airy, NC. ⇒ **Cost: \$69.95**

* The following three videos have two companion manuals titled Coping with Challenging Behaviors: Educational Strategies for Work with Families (\$6.00) and Social Work and Alzheimer's Disease: Effective Strategies for Assessment, Counseling and Referral (\$6.00) that can be purchased from Duke Family Support Program, Box 3600 DUMC, Durham, NC 27710.

◆ **Caring for the Alzheimer's Resident: A Day in the Life of Nancy Moore**

This "best selling" companion video was produced to accompany Optimum Care of the Nursing Home Resident with Alzheimer's Disease: Giving a Little Extra (\$10.00). It sets the tone for training. It follows an aide through a full shift in caring for persons with Alzheimer's disease in a special care unit. A subtle but persistent theme throughout the video is the recognition and validation of the critical role of the aide in determining quality of care. ⇒ **Cost: \$69.95** (add \$9.00 shipping/handling)

◆ **Thicker Than Water**

Demonstrates techniques for working with angry or upset families in the nursing home setting.

⇒ **Cost: \$89.00** (***Does not include postage/handling***)

◆ **Early Onset Memory Loss: A Conversation with Letty Tennis.**

A 20-minute documentary videotape produced by Lisa Gwyther of the Bryan Alzheimer's Disease Research Center and Claiborne Clark of Duke Educational Media Services. Letty Tennis and her family open themselves and their home to a film crew to describe the inner experience of a person with Alzheimer's. Letty Tennis hopes to inspire others at similar early stages to speak out and to "stand by" each other. ⇒ **Cost: \$145.00** (add \$9.00 shipping/handling)

Please make checks payable to: **Terra Nova Films**
9848 S. Winchester Ave.
Chicago, IL 60643
800-779-8491 or 773-881-8491
773-881-3368 (fax) or email tnf@terranova.org

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Documentary Videotapes

These videotapes are available **ONLY** from:

Duke Educational Media Services
(919) 684-3748

◆ **"Caring About Howard"** (1998)

A 23-minute documentary videotape produced by Claiborne Clark of Duke Educational Media Services. A wife talks about and demonstrates how to care for her husband with Alzheimer's. Demonstrates successful use of group respite, support groups and paid companion services by a woman determined to keep her husband with her at home. Describes Alzheimer's as a shared journey with impact on entire families.⇒**Cost: \$30.00** (includes shipping/handling)

◆ **"Home Is Where I Remember Things"** (1998) by Lisa Gwyther and Claiborne Clark

This videotape is for use in training home care, day care or residential staff caring for people with Alzheimer's. Also appropriate for public awareness and support group presentations. Three separate family care situations: A son caring for his father at home, a woman caring for her sister with help from an in-home care aide and a woman caring for her husband with help from a day program, support group and paid companion.⇒**Cost: \$30.00** (Includes postage/handling)

◆ **"From Here to Hope"** (1999) by Lisa Gwyther & Claiborne Clark

Portrays issues in living with Alzheimer's, care and research from final stages to moderate stages to early stages with six very different families.⇒**Cost: \$30.00** (Includes postage/handling)

♦ ***Alone But Not Forgotten: Serving People with Dementia Who Live Alone.*** 2000. Produced by Duke Educational Media Services (Claiborne Clark and Lisa Gwyther) and available from the Alzheimer's Association with a manual. (800) 223-4405 or email alz@pbd.com. Manual# ED504Z, \$5.00 and Videotape #ED505Z, \$30.00.



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Box 3087 Duke University Medical Center
Durham, NC 27710

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Available Publications (cont'd)

- ♦ ***The Caregiver.*** Newsletter of the Duke Family Support Program - Center for the Study of Aging, Duke University Medical Center (Lisa Gwyther, Editor)
Publication addresses many of the questions and concerns both families and professionals have when caring for someone with memory loss - contains research updates, practical suggestions and caregiving features. Published two times/yr. Approx 24 pp. ⇒ **Cost: \$10.00 per year for residents outside of North Carolina** (Free to North Carolina residents)

- ♦ ***In Home Respite Care: Guidelines for Programs Serving Family Caregivers For Memory-Impaired Adults*** (Lisa Gwyther)
This manual describes two models for providing in-home respite care for families caring for memory impaired adults. Topics include: Assessing feasibility/determining goals; surveying community needs; liability issues; funding/reimbursement issues; program development; program operation; screening; home assessments; documentation/ monitoring/evaluation; and how caregivers use respite time.
⇒ **Cost: \$10.00** (Includes postage/handling for single copy, regular US mail ONLY)

- ♦ ***In Home Respite Care: Guidelines for Training Respite Workers Serving Memory-Impaired Adults*** (Edna Ballard)
A comprehensive training curriculum easily adapted to any setting. The respite training is specialized training which focuses on Alzheimer's disease and its ramifications for the patient and the caregiving family; developing skills in managing challenging behaviors in the home; and developing an

understanding and a sensitivity to the nature of dementing illness.⇒**Cost: \$10.00** (Includes postage/handling for single copy, regular US mail ONLY)

♦ **Managing Grief and Bereavement** (Edna Ballard)

This is a brief, wise, reassuring and practical guide for families of memory-impaired adults and professionals.⇒**Cost: \$5.00** (Includes postage/handling for single copy, regular US mail ONLY)-or-**\$3.00** (25 or more)

♦ **Mobilizing Networks of Mutual Support: How to Develop Alzheimer Caregivers' Support Groups** (Lisa Gwyther)

Written for concerned families and professional helpers. This manual provides a brief overview of mutual support/self help groups, Alzheimer's support groups and predictable pitfalls and outcomes in organizing such groups. In addition, the manual suggests a procedure and a strategy for community-based support group development.⇒**Cost: \$10.00** (Includes postage/handling for single copy, regular US mail ONLY)

♦ **Pressure Points: Alzheimer's and Anger** (2000)

Written by Edna Ballard, Lisa Gwyther and T. Patrick Toal

A unique book for families and professionals that address sources of anger and anger management strategies for families, patients and professionals. Powerful personal examples are offered in the context of soothing practical tips.⇒**Cost: \$8.00** (Includes postage/handling for single copy, regular US mail ONLY)

♦ **Older People and Their Families: Coping with Stress and Conflict** (Lisa Gwyther & Deborah Gold)

Curriculum for community presentations, this manual is appropriate for use by professionals with groups requesting single programs or a series on aging, aging families, or communication with older relatives. Topics include: Sources of stress and conflict; areas of potential conflict; and suggested methods for each area of potential conflict.⇒**Cost: \$7.00** (Includes postage/handling for single copy, regular US mail ONLY)

♦ **Overcoming Barriers to Appropriate Service Use: Effective Individualized Strategies for Alzheimer's Care** (Lisa Gwyther)

The purpose of this manual is to apply the clinical experience and conclusions from an action research demonstration to professional practice in work with Alzheimer's patients and their families. Describes interventions designed and implemented by geriatric social workers.⇒**Cost: \$12.00** (Includes postage/handling for single copy, regular US mail ONLY)

♦ Senior Center Booklets. **When Your Friend Has Memory Problems: For the Senior Center Participant** (Edna Ballard)

This booklet is designed to help the senior center participant better understand Alzheimer's Disease.

♦ **Alzheimer's Disease: For the Senior Center Director** (Edna Ballard)

This booklet is to help the senior center director better understand Alzheimer's patients' ability to participate in senior center activities.⇒**Cost: \$5.00/set** (Includes postage/handling for single copy, regular US mail ONLY)

♦ **You Are One of Us: Successful Clergy/Church Connections to Alzheimer's Families** (Lisa Gwyther)

This is a 65-page bulleted book with suggestions for ways clergy and churches can help their members with Alzheimer's.⇒**Cost: \$4.00** (Includes postage/handling for single copy, regular US mail ONLY)

♦ **"Home Is Where I Remember Things": A Curriculum for Home and Community Alzheimer Care** (1997) by Lisa Gwyther

A trainer's manual for home care aide training based on four unique home care situations covering the range of mild, moderate and severe dementia and diverse family situations. Includes hand-outs, tests, discussion questions and bulleted training and care tips.⇒**Cost: \$15.00** (Includes postage/handling for single copy, regular US mail ONLY)

♦ **Lessons Learned** (1999) by Edna Ballard & Cornelia Poer

A book about families coping with Alzheimer's disease. Participants of Duke University Alzheimer's support groups share their experiences with anger, constant fatigue, rewards of caregiving, and the emotions associated with care for someone with Alzheimer's. Offers insight, support and suggestions for

meeting caregiving challenges.⇒**Cost: \$8.00** (Includes postage/handling for single copy, regular US mail ONLY)

♦ **Caring for People with Alzheimer's Disease: A Manual for Facility Staff.** (2001) by Lisa Gwyther, MSW. This second edition of a popular book will help residential care staff provide quality care to the growing number of people with Alzheimer's disease. It is published by the Alzheimer's Association. To order please call the Western Carolina Chapter of Alzheimer's Association (800-888-6671).

♦ **Steps to Success: Decisions about Help at Home for Alzheimer's Caregivers.** (2002) by Lisa Gwyther, Edna Ballard and Juliessa Pavon. This publication will help guide your decisions about the use of services while your loved one with dementia lives at home. Recommendations are based on the collective experiences over one year of women caring for veterans severely disabled by dementia throughout the US. This is a free publication and can be ordered from AARP Andrus Foundation (800) 775-6776 or www.andrus.org.

♦ **Working With Family Caregivers of People with Memory Disorders. A North Carolina Information & Assistance Toolkit.** (2002) by Lisa P. Gwyther and Edna Ballard. This dementia-specific toolkit for information/referral or Helpline staff has 3 sections: 1) Basics about memory disorders; 2) Telephone counseling and referral strategies for aging network staff; and 3) Single-sheet handouts to copy for family caregivers on using services and responding to the person with dementia from diagnosis through terminal care. (Steps to Success (see above) and NIA Caregiver Guide are included in package.) The toolkit is available online (88 pp) at <http://www.dhhs.state.nc.us/aging/alz3093.pdf>.⇒
Cost: \$5.00 (Includes postage/handling for single copy, regular US mail ONLY)

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Only checks (in U.S. dollars payable to U.S. bank), cash or money orders are accepted. **PREPAYMENT IS REQUIRED.** (add \$5.00 shipping cost for outside U.S.) Postage/handling fees will be applied to multiple book orders and specialty mailings (Fed Ex, UPS etc.).

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